PLANT FACT SHEET

# *Hippophae sinensis* (Rousi.) Y. S. Lian & X. L. Chen

**GENUS** *Hippophae* **FAMILY** Elaeagnaceae

**COMMON NAMES** Chinese sea buckthorn

## EDIBLE PARTS AND USES

**Edible parts:** Fruit

## DESCRIPTION

A deciduous tree. It grows about 4.5 m high. It can be 12 m high. Male and female flowers are on separate trees. The fruit are edible.

## HABITAT

It grows in temperate places. It suits hardiness zones 3-9.

## PRODUCTION

### Harvesting and Seed Production

It grows quickly.

## NOTES

There are about 8 Hippophae species. The fruit are rich in Vitamin C.

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/7eaf6e79-ceee-4148-8aba-eecae9b8dd35